

## **Vermont Mental Health Performance Indicator Project**

DDMHS, Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601 (802-241-2638)

### MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project  
Advisory Group and Interested Parties

FROM: John Pandiani  
Janet Bramley

DATE: March 21, 2003

RE: Combinations of Services in Three Adult Treatment Programs

The attached graph compares services provided by three CMHC adult treatment programs in Vermont during FY2002. The programs include Substance Abuse (SA) programs, Adult Mental Health Outpatient (AOP) programs, and Community Rehabilitation and Treatment (CRT) programs. The services provided by these programs are compared in terms of the proportion of clients who receive the various combinations of the three basic outpatient services: psychotherapy, medication checks, and community support services. All clients served, except those who received emergency services only, are included in this analysis. The majority of the clients who did not receive any of the three basic outpatient services received evaluation services only.

As you will see, substantial numbers of SA and AOP clients received psychotherapy service only (59% and 43%) but this service pattern occurred rarely in CRT programs (1%). In CRT programs, the combination of psychotherapy, medication checks, and community support was the most common service pattern (37%) followed by the combination of medication checks and community supports. These patterns occurred rarely in the SA and AOP programs.

Clinic by clinic details regarding combinations of services provided by these three programs are available in PIPs distributed earlier this year.

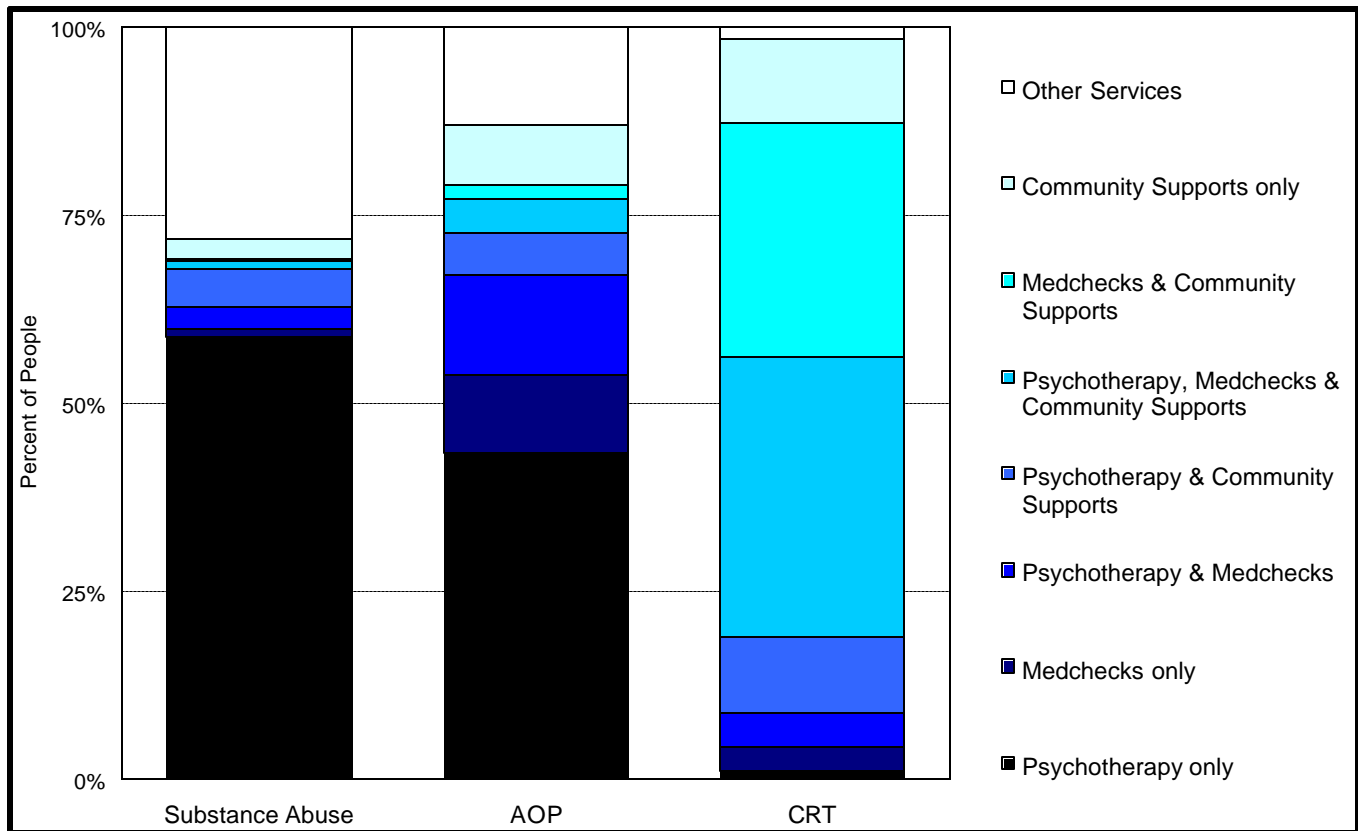
For SA visit [www.state.vt.us/dmh/Data/PIPs/2003/pip031403.pdf](http://www.state.vt.us/dmh/Data/PIPs/2003/pip031403.pdf)

For AOP visit [www.state.vt.us/dmh/Data/PIPs/2003/pip030703.pdf](http://www.state.vt.us/dmh/Data/PIPs/2003/pip030703.pdf)

For CRT visit [www.state.vt.us/dmh/Data/PIPs/2003/pip021403.pdf](http://www.state.vt.us/dmh/Data/PIPs/2003/pip021403.pdf)

We look forward to your suggestions for further analysis to [pip@ddmhs.state.vt.us](mailto:pip@ddmhs.state.vt.us) or 802-241-2638.

**Clients Receiving Combinations of Outpatient Services  
(Psychotherapy, Medchecks and Community Supports)  
CRT, Adult Outpatient and Substance Abuse Programs in Vermont: FY2002**



Service Combinations	Substance Abuse		Adult Outpatient		CRT	
	#	%	#	%	#	%
Psychotherapy only	2,950	59%	2,846	43%	38	1%
Medchecks only	58	1%	683	10%	106	3%
Psychotherapy & Medchecks	145	3%	877	13%	145	4%
Psychotherapy & Community Supports	259	5%	367	6%	334	10%
Psychotherapy, Medchecks & Community Supports	52	1%	303	5%	1,228	37%
Medchecks & Community Supports	7	0%	123	2%	1,027	31%
Community Supports only	135	3%	517	8%	365	11%
Other Services	1,490	28%	852	13%	54	2%
Total	5,096		6,568		3,297	

Based on analysis of Monthly Service Reports submitted by designated Community Service Providers for clients receiving services from Community Rehabilitation and Treatment (CRT), Adult Outpatient (AOP) and Substance Abuse (SA) Programs. People receiving emergency services only (CRT=26, AOP=923, SA=263) are excluded from this table.